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The  
Super Yummy  
Kitchen



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EAT LEARN LIVE



Did you know  
that you can  
grow new veg  
from old veg?



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RECREATION

# Reduce, Reuse, Regrow!

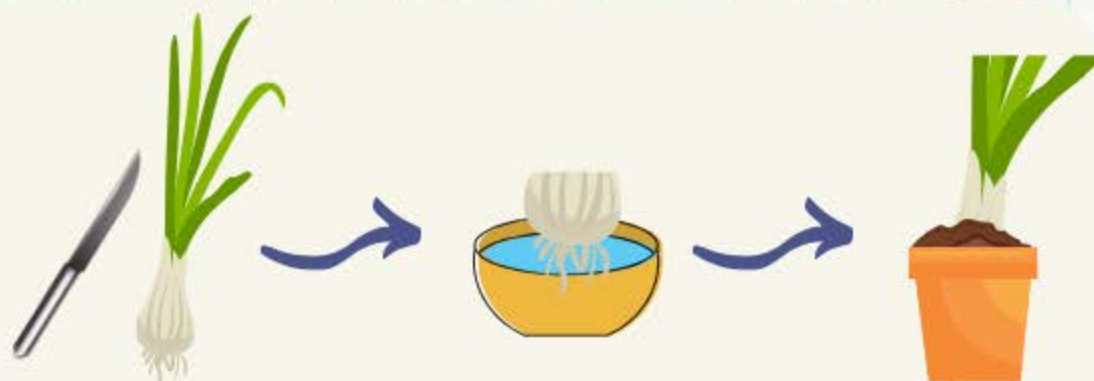
Today's curriculum links:

Science & Geography

One third of all food produced for humans is thrown away, which is bad for our planet. Instead of throwing away ends and stems of vegetables why not regrow them!

KS1  
&  
KS2

**1** Place the heart or root of a vegetable in a small shallow dish of water. Watch the roots grow to around 5cm. Then plant in some soil (in the garden or in a pot).



**2** Take any herbs that have at least a couple leaves and 5cm of stem. Place in water for 2 weeks or until you see roots grow to about 2 cm. Transfer to some soil in a pot.



Onions, cabbage,  
lettuce, garlic and  
celery work best!



Help save the planet  
by throwing away less  
and loving your  
leftovers!



Reducing the  
amount of meat we  
eat also helps the  
planet!